



Catawba County Center
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Take Charge of Your Diabetes

NC Cooperative Extension-Catawba Center and Catawba Valley Medical Center's Center for Diabetes Control are offering an educational program to help adults deal with type 2 diabetes. *Take Charge of Your Diabetes* helps participants learn how to control their blood sugar, to feel better, and to reduce risk of health complications. *Take Charge of Your Diabetes* is presented by a team of qualified educators and health care professionals. Participants will also receive recipes for tasty, healthy foods.

The next session will be held on Tuesday, June 8 and will focus on stress management.

Sessions are held on the second Tuesday of each month at 6:00pm at the Agricultural Resources Center, 1175 South Brady Avenue in Newton.

If you have been diagnosed with pre-diabetes or type 2 diabetes, are at least 21 years old, and interested in attending this program, call the Cooperative Extension office at 828-465-8250 to reserve a seat. You are welcome to bring a friend or family member with you.

Learn More About Food Preservation

Learn the latest information about food preservation at the Main Catawba County library in Newton on Wednesday, June 2 at 10:00am and again on Wednesday, June 9 at the St. Stephens library at 1:30pm. There will be tips for those who are experienced or new to food preservation. See a demonstration on food canning, freezing, and drying. Bring your dial gauge pressure canner lid to have it checked. Food preservation books will be available for sale. This workshop is sponsored by the Catawba County Extension and Community Association. Call 828-465-8243 for more information.